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Good Things to Eat



MADE WITH
COW BRAND BAKING SODA

COW BRAND BAKING SODA
is BICARBONATE OF SODA AND IS
EXTREMELY PURE

ITS PURITY GUARANTEES ITS
SAFETY FOR USE MEDICINALLY
AS WELL AS FOR BAKING

FOR SALE BY ALL GROCERS

Good Things to Eat

Made with

COW BRAND BAKING SODA

(BICARBONATE OF SODA)



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Boston, Mass.

**CHURCH & DWIGHT, LTD.
25 BRENNAN STREET
MONTREAL**

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MAKING MIXTURES LIGHT



ANY FOOD that is made from flour and baked, steamed or fried, is more palatable and more digestible when light and porous. This lightness is produced in three ways: by fermentation, as with yeast in the making of bread and rolls, by using eggs and beating the mixture to enclose air in it as in popovers, sponge cake, cream cakes, and some pound cake, and by chemical action as with bicarbonate of soda combined with other agents. The last means, in which we are most interested, is the simplest as it does away with the time required for the yeast plants to grow and with the beating which is apt to be tiresome. It is less expensive, too, than the use of eggs, as the price of eggs is much greater than the cost of soda. Bicarbonate of soda is used because it contains carbon dioxide gas or carbonic acid gas, as it is sometimes called, which is set free when soda is combined with an acid and a liquid; and heat is applied. These acids are contained in foods like sour milk, molasses, and fruits, or are furnished by chemicals like cream of tartar.

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Some of these acids act quickly and while the mixture is cold, and some act very slowly until the mixture is heated and begins to cook. When the gas is set free, in its effort to escape, it pushes up the mixture and continuous heat is necessary to cook the flour in the walls of each little hole and keep the mixture light.

Cow Brand Soda is a standard brand of soda. It has been on the market for over 75 years, and is the standard for soda excellence. Its reputation is too valuable to risk; you may use with perfect confidence the soda that comes to you sealed in packages bearing the *Cow Brand* trademark. It contains uniformly over 52 per cent of carbonic acid gas and over 99 per cent of pure bicarbonate of soda. It is carefully tested before leaving the factory and is not shipped unless up to this standard.

During the process of manufacture, when placing the soda into the small packages sold by grocers, *Cow Brand* Baking Soda or Bicarbonate of Soda is not touched by human hands and, therefore, reaches the consumer in an extremely pure and clean condition. This cleanliness in the

is **PURE Bicarbonate of Soda**

handling and carefulness in the wrapping bring to you a wholesome, powerful raising agent.

ALWAYS SIFT *Cow Brand* Soda through a fine sifter before measuring to prevent the possibility of a tiny lump getting into the mixture and making a yellow spot because it has not combined with the acid present.

"All Measurements Must Be Accurate"

"All Measurements Must Be Level."

HOW TO ADD COW BRAND SODA

Sift *Cow Brand* Soda through a fine sifter, measure accurately, and combine with the flour and sift again, or soda may be dissolved in a small amount of lukewarm water, two teaspoons water to one teaspoon *Cow Brand* Soda, before being added to the mixture. Never use boiling water to dissolve *Cow Brand* Soda as it will cause some of the gas to escape. For this reason, it is not desirable to dissolve soda in sour milk or molasses as much of the carbon dioxide gas will be lost before the mixture is cooked.

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BAKING POWDER NOT NEEDED

When you have sour milk or buttermilk it may supply all of the acid required with *Cow Brand* Soda to make mixtures light. The milk also provides the liquid necessary to wet the mixture.

When sour cream is available it may be used with *Cow Brand* Soda in any mixture instead of milk and fat. The sour cream then provides the acid for setting free the gas in the *Cow Brand* Soda, the liquid for wetting the mixture and the shortening for making it tender.

TO MEASURE WITH SPOONS

Dry Ingredients

Teaspoons and tablespoons of standard size, or standard measuring spoons must be used. Soup spoons, dessert spoons, and cooking spoons should never be used for measuring ingredients. To measure a teaspoon or tablespoon of *Cow Brand* Soda or other dry ingredient, take up lightly a heaping spoonful and level it off with a straight-edged knife. For one-half a spoonful divide the level spoonful in halves lengthwise with a knife. For one-fourth of a spoonful, divide crosswise of

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the half. For one-eighth of a spoonful, divide the quarter spoonful diagonally. For one-third or two-thirds of a spoonful, make two cuts crosswise of the level spoonful. Less than one-eighth of a teaspoonful is called "a few grains." Use your good judgment when measuring a few grains of *Cow Brand*, etc.

BUTTER AND SHORTENING

To measure butter or other solid shortening pack it into the spoon, level it off with a knife and divide as suggested above for halves, quarters, and thirds. When melted butter or other fat is called for it may be measured before or after it is melted. The measurement is the same.

LIQUIDS

A teaspoon or a tablespoon of liquid is all that the spoon will hold. To learn to gage one-half of a spoon of liquid, if you have no measuring spoons, measure one spoonful and pour part of it into another spoon of the same size. When the same amount is in each spoon, each will measure one-half spoonful. To get one-fourth teaspoon, pour part of half a spoonful into a clean spoon. When

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each spoon holds the same amount, each will be one-fourth spoonful. Three teaspoons make one tablespoon. Having learned how one-half a spoonful and one-fourth a spoonful looks in the spoon you will always recognize the measurements.

A cup of liquid is all the cup will hold. For less than a cup, measure up to the proper line. For four cups, a quart measure may be used.

TO MEASURE WITH CUPS

Standard measuring cups of tin, aluminum, agate or glass, holding one-half pint, and divided in thirds and quarters, should be in every kitchen. Flour, confectioners' sugar and any dry material that tends to become lumpy after standing should be sifted before being measured.

DRY INGREDIENTS

To measure a cupful of dry ingredients, fill the standard measuring cup, putting the sifted ingredient in lightly with a spoon. Level off the top with a knife to make a cupful or level up to the required mark on the cup, using a tablespoon to get less than a cupful. If bread flour must be used in a recipe calling for pastry flour, use two tablespoons less for each cup called for.

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BUTTER OR OTHER FAT

To measure butter or other fat, pack it solidly into the cup up to the line required. It is easier to measure four level tablespoons of butter or other shortening than to measure one-fourth cup and results should be the same. One-eighth of a cup is the same as two tablespoons. One-half pound print butter may be used where one cup is called for.

SODA AND ACIDS

Buttermilk, if sour, may be used in any recipe instead of sour milk.

The acid found in molasses will set free the gas present in *Cow Brand* Soda, as illustrated in the making of gingerbread, brown bread, and molasses cookies.

The acid found in lemon juice and vinegar will set free the gas present in *Cow Brand* Soda and is used in some cakes.

The acid found in apple-sauce or cranberry-sauce will set free the gas present in *Cow Brand* Soda.

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PROPORTIONS

Use

$\frac{1}{2}$ teaspoon *Cow Brand* Soda to
1 cup sour milk.

Use

$\frac{1}{2}$ teaspoon *Cow Brand* Soda to
1 cup buttermilk.

Use

1 teaspoon *Cow Brand* Soda to
1 cup molasses.

Use

$\frac{3}{8}$ teaspoon *Cow Brand* Soda to
1 tablespoon lemon juice or vin-
egar.

Use

1 teaspoon *Cow Brand* Soda to
1 cup unsweetened apple-sauce

TIME AND TEMPERATURE

It will not be long before thermometers will be generally used as kitchen appliances. Until then we must show how we may know a food is cooked, instead of stating the exact number of minutes required. It is better in most cases to subject foods to a moderate heat for a long time,

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than to intense heat for a shorter period. The shape and size of the article to be cooked and the variety and age of fruit or vegetables must be considered.

When sour cream is available it may be used with *Cow Brand Soda* in any mixture instead of milk and fat. The sour cream then provides the acid for setting free the gas in the *Cow Brand Soda*, the liquid for wetting the mixture and the shortening for making it tender.

USE OF HONEY IN COOKING

Strained honey may be used in some mixtures in place of sugar or molasses. Honey has the peculiar characteristic of keeping cake fresh and moist. Little shortening is required, due to the acid present in honey. Because of this acid, a small amount of *Cow Brand Soda* may be used in the dough. No sour milk or baking powder is necessary when honey and *Cow Brand Soda* are used together, and very little soda is required. Honey dough may be kept for some time before it is baked. A delicious cake or cooky may be made ready for the oven in a few minutes, even if

you have no eggs, milk, sugar or baking powder in the house.

RULES FOR BAKING

During the cooking of a mixture containing *Cow Brand* Soda, the gas in its efforts to escape, pushes up the mixture, making it full of bubbles. When it is sufficiently cooked, it retains this shape and gives us the biscuits and cakes with which we are familiar. It is necessary to put mixtures containing *Cow Brand* Soda into a hot oven in order to cook the mixture before the gas can escape. If it is possible to control the heat of the oven, the following rules for time and temperature will be found valuable:

Biscuits.....	400 F. to 500 F.
Cookies.....	375 F. to 400 F.
Cup Cakes.....	300 F. to 400 F.
Gingerbread.....	370 F. to 400 F.
Layer Cake.....	300 F. to 400 F.

(Begin low, raise gradually)

Loaf Cake.....	200 F. to 375 F.
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(Begin low, raise temperature very gradually, at first, then more rapidly)

Sponge Cake.....	300 F. to 400 F.
Muffins.....	400 F. to 450 F.
Puddings.....	350 F. to 400 F.

Oven thermometers that register up to 600 degrees F. may be purchased for use with coal, wood, gas, electric, and oil stove ovens that have no thermometer or heat regulator. These can be placed on the grate of the oven where the baking is to be done and will be found a great help in securing uniform results. With a gas oven and no regulator the following rules may be followed:

For quick oven—Turn on 2 burners.

For moderate oven—Turn on 2 burners half way.

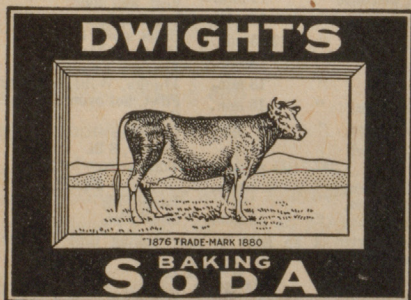
For slow oven—Turn on 1 burner half way. Leave oven open 2 or 3 minutes before baking.

Cake—Light both burners for 10 minutes. Put cake in oven, shut off both burners for 10 minutes, then light front burner and reduce as may be found necessary.

Biscuit—Light both burners for 7 minutes before using oven.

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Bread in loaf—Light both burners for 5 minutes. Put bread in oven on lower shelf. After 10 minutes turn off back burner and turn front burner down $\frac{1}{4}$, leaving it $\frac{3}{4}$ on. Gradually turn down light until it is only $\frac{1}{3}$ on. Turn light entirely off 3 minutes before bread is done. Bake small loaf of bread 40 minutes. Bake large loaf of bread 60 minutes.



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TIME TABLE FOR THE COOK*

		BOILING			
MEATS		TIME	VEGETABLES	TIME	
Chicken,	per lb.	15 min.	Asparagus	20-30 min.	
Fowl	"	20-30 min.	Beets	30-90 min.	
Corned Beef,	"	30 min.	Brussels Sprouts	10-15 min.	
Ham,	"	18-20 min.	Cabbage	20 min.	
Mutton,	"	15 min.	Cauliflower	20 min.	
Pot Roast Beef,	"	30-35 min.	Green Corn	10-20 min.	
Turkey,	"	15 min.	Lima Beans	30-40 min.	
FISH		TIME			
Bass,	per lb.	10 min.	Onions	30-40 min.	
Blue,	"	10 min.	Parsnips	30-40 min.	
Cod,	"	6 min.	Peas	15-20 min.	
Haddock,	"	6 min.	Potatoes	20-30 min.	
Halibut,	"	15 min.	Spinach	15-20 min.	
Lobster,	"	30-40 min.	String Beans	20-30 min.	
Salmon,	"	10-15 min.	Turnips	30-60 min.	
Small Fish,	"	6 min.			
			Macaroni	20 min.	
			Rice	15-20 min.	

BAKING†

MEATS		TIME	MEATS	TIME	
Beef, ribs, rare	per lb.	10 min.	Mutton, saddle, rare per lb.,	10 min.	
Beef, ribs, well done	"	12 min.	Pork, well done per lb.,	20 min.	
Beef, ribs, rolled	"	12 min.	Veal, well done	18-20 min.	
Beef, round	"	12-15 min.	Venison, rare	10 min.	
Chicken	"	15 min.	Birds, small, hot oven	20 min.	
Goose	"	18 min.	Braised Meats	3-4 hrs.	
Lamb, well done	"	15 min.	Ducks, Tame	45 min.	
Mutton, leg, rare	"	10 min.	Ducks, Wild, hot oven,	15 min.	
Mutton, leg, well done	"	15 min.	Fillet, hot oven	30 min.	
Mutton, loin, rare	"	8 min.	Grouse	20-25 min.	
Mutton, shoulder, stuffed	"	15 min.	Partridge	35-40 min.	
			Turkey, 8 lb.	1½ hrs.	
			Turkey, very large	3 hrs.	
			FISH	TIME	
			Large Fish	1 hour	
			Small Fish	20-30 min.	

†Add quarter of an hour to your baking time to give the roast time to heat through.

BROILING

TIME	TIME	
Steak, 1 inch thick	8-10 min.	Grouse
Steak, 1½ inches thick	15 min.	Quail
Mutton Chops, French	8 min.	Fish, large
Mutton Chops, English	10 min.	Fish, small
Spring Chicken	20 min.	Squabs

*So much depends upon the age of vegetables and the length of time since gathering, and upon the tenderness or otherwise of meat, that it is hard to give exact figures for their cooking-times. Just here a little experience is worth a book of rules.

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KITCHEN WEIGHTS AND MEASUREMENTS

4 gills equal 1 pint

2 pints equal 1 quart

4 quarts equal 1 gallon

16 ounces equal 1 pound

$\frac{1}{2}$ measuring cup equals 1 gill

1 measuring cup equals $\frac{1}{2}$ pint

4 measuring cups equals 1 quart

2 tablespoons equal $\frac{1}{8}$ cup

4 tablespoons equal $\frac{1}{4}$ cup

$5\frac{1}{3}$ tablespoons equal $\frac{1}{3}$ cup

8 tablespoons equal $\frac{1}{2}$ cup

$10\frac{2}{3}$ tablespoons equal $\frac{2}{3}$ cup

12 tablespoons equal $\frac{3}{4}$ cup

16 tablespoons equal 1 cup

2 tablespoons sugar weigh 1 ounce

2 tablespoons butter weigh 1 ounce

Butter size of an egg should measure 4 tablespoons

2 cups butter weigh 1 pound

2 cups granulated sugar weigh 1 pound

$2\frac{2}{3}$ cups powdered sugar weigh 1 pound

$2\frac{2}{3}$ cups brown sugar weigh 1 pound

$3\frac{1}{2}$ cups confectioners' sugar weigh 1 pound

4 cups pastry flour weigh 1 pound

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BISCUIT WITH SOUR MILK

Sift together twice

2 cups bread flour
 $\frac{1}{2}$ teaspoon *Cow Brand*
 Soda and
 1 teaspoon salt. With
 tips of fingers rub in

2 tablespoons shortening.
 Add
 $\frac{3}{4}$ cup sour milk slowly,
 stirring with a knife.

It may take a trifle less or a little more milk. The dough should be as soft as can be handled without sticking. Turn out on a floured cloth or board. Pat lightly with a rolling pin, roll out one-half inch thick, cut with a small cutter, place close together in a greased pan and bake ten to fifteen minutes in a hot oven or at 450 degrees F.

BISCUIT WITH BUTTERMILK

Sift together twice

2 cups bread flour,
 1 teaspoon *Cow Brand*
 Soda
 1 teaspoon cream of tar-
 tar and

1 teaspoon salt. With
 tips of fingers work in
 3 tablespoons shortening.
 Add
 $\frac{3}{4}$ cup buttermilk and
 more if necessary.

Finish like Biscuit with Sour Milk.

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BISCUIT WITH SOUR CREAM

Sift together twice

2 cups bread flour

1 teaspoon *Cow Brand*
Soda

1 teaspoon cream of tar-
tar and

1 teaspoon salt. Add

$\frac{1}{8}$ cup sour cream and
more if necessary.

Finish like Biscuit with Sour Milk.

BREAKFAST MUFFINS

Sift into mixing bowl

3 cups flour and

$1\frac{1}{2}$ teaspoons salt. Add

4 egg yolks beaten with

$\frac{1}{4}$ cup sugar, and

2 tablespoons melted
shortening. Then
add

1 teaspoon *Cow Brand*
Soda dissolved
in

2 teaspoons lukewarm
water and mixed
with

2 cups thick sour milk.

Beat all together
and fold in

4 egg-whites beaten stiff.

Half fill greased muffin-tins. If iron muffin-pans are used, they should be hot. Bake twenty minutes in a hot oven or at 450 degrees F.

BRAN MUFFINS

Sift together

2 cups flour

1 teaspoon *Cow Brand*
Soda and

1 teaspoon salt. Add

2 cups bran,

$1\frac{1}{4}$ cups milk and

$\frac{1}{2}$ cup molasses.

Bake in greased muffin-tins. This recipe will make one dozen muffins.

Three-quarters cup raisins, dates or soaked prunes, stoned and cut in pieces, may be added.

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OATMEAL GEMS

Soak

2 cups rolled oats over-
night in
1½ cups sour milk. In
the morning add
¼ cup melted shortening
1 egg well beaten and

1 cup flour sifted twice
with
1/3 cup sugar
1 teaspoon *Cow Brand*
Soda and
1 teaspoon salt.

Beat thoroughly, fill greased iron gem pans with the mixture and bake twenty minutes in a hot oven or at 450 degrees F.

DELICIOUS CORN GEMS AND MUFFINS

Beat

2 egg-yolks with
¼ cup sugar. Add
4 tablespoons shortening,
softened and mix
well. Add
1 teaspoon *Cow Brand*
Soda dissolved
in

2 teaspoons warm water.
Add
2 cups buttermilk or
sour milk
2 cups corn meal sifted
with
1 cup flour and
1½ teaspoons salt. Mix
thoroughly and add
2 egg-whites beaten stiff.

Bake in greased gem pans for twenty minutes in a hot oven or at 450 degrees F.

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SPIDER CORN CAKE

Sift together

1 1/3 cups corn meal and

1/3 cup flour. Add

1/4 cup sugar and

1/2 teaspoon salt. Then
add

1 cup sour milk mixed,
with

1 teaspoon *Cow Brand*
Soda

2 eggs well beaten and

1 cup sweet milk. Heat
an iron frying pan,
add

1 1/2 tablespoons butter,
and when melted,
turn in the mixture.

Pour over

1 cup sweet milk.

Bake for fifty minutes in a moderate oven or
at 350 degrees F. Cut in pie-shaped pieces for
serving.

EGGLESS, MILKLESS, BUTTERLESS CAKE

Put in saucepan

2 cups brown sugar

2 cups hot water

4 tablespoons lard

1 package seedless
raisins cut once

2 teaspoons salt

2 teaspoons cinnamon

2 teaspoons cloves. Boil
five minutes, when
cold, add

2 teaspoons *Cow Brand*
Soda dissolved in

1 tablespoon lukewarm
water and

3 cups bread flour.

Bake in two loaves at 300 degrees F. for one and
a quarter hours.

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BUCKWHEAT CAKES WITH SOUR MILK

Sift together

1½ cups buckwheat flour

½ cup white flour

½ teaspoon *Cow Brand*

Soda and

1 teaspoon salt. Add

1 to 2 cups sour milk, or
enough to make a
thin batter. Beat
well, add

1 tablespoon melted
shortening and pour
by spoonfuls on
greased hot griddle.

SOUR MILK GRIDDLE-CAKES

Mix and sift

2½ cups flour

½ teaspoon salt and

1¼ teaspoons *Cow Brand*

Soda. Add

2 cups sour milk and

1 egg well beaten.

Cook like Buckwheat Cakes.

RICH WAFFLES

Sift together twice

1¼ cups flour

½ teaspoon salt

1 teaspoon sugar

½ teaspoon *Cow Brand*

Soda, add slowly

1 cup sour cream or
milk

¼ cup melted butter (if
milk is used)

3 egg-yolks, well beaten
and fold in

3 egg-whites, beaten un-
til dry.

Cook on hot waffle-iron. Serve with butter and
honey or maple syrup.

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GRAHAM COOKIES

Beat

1 egg until light. Add	1 teaspoon <i>Cow Brand</i>
1 cup sugar	Soda and
$\frac{1}{4}$ cup melted shortening.	1 teaspoon salt. Then
When well mixed	add
add	1 cup buttermilk and
2 cups pastry flour sifted	2 cups Graham flour.
with	

Mix well and add more flour if necessary. Chill. Roll out 1-8 inch thick and cut with a sharp knife or square cutter. Bake on floured tin sheet in a moderate oven, (350 degrees F.), until a delicate brown.

BRAN COOKIES

Sift together

1 teaspoon ginger	3 cups bran. Add
1 teaspoon cinnamon	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon clove and	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ teaspoon <i>Cow Brand</i>	$\frac{1}{2}$ cup milk and
Soda and mix thor-	$\frac{1}{2}$ cup melted shortening.
oughly with	

Mix well and drop from spoon on greased sheet. Bake about fifteen minutes.

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DROP COOKIES

Put in mixing bowl.

- $\frac{1}{2}$ cup butter or margarine and work with spoon until creamy, then add gradually
- 1 cup sugar
- 2 eggs well beaten and
- 1 teaspoon vanilla. Dissolve
- $\frac{1}{4}$ teaspoon *Cow Brand* Soda in
- $\frac{1}{2}$ cup sour cream or milk and add to first mixture. Sift together

- $2\frac{1}{2}$ cups pastry flour and
- $\frac{1}{4}$ teaspoon salt and add to first mixture. Drop by spoonfuls on greased baking sheet and bake until delicately brown, in a moderate oven or at 350 degrees F.
- $\frac{1}{2}$ cup raisins cut in small pieces or
- $\frac{1}{2}$ cup nut meats cut in pieces may be added to these cookies.

SOUR MILK GINGERBREAD

Put

- 1 cup sour milk in mixing bowl and sift in
- $1\frac{3}{4}$ teaspoons *Cow Brand* Soda. When well mixed, add
- 1 cup molasses
- 2 1-3 cups flour sifted with

- 2 teaspoons ginger and
- $\frac{1}{2}$ teaspoon salt. Then add
- 4 tablespoons melted shortening and beat thoroughly.

Pour into greased pan or small dripping-pan or greased muffin-pans and bake twenty-five minutes at 350 degrees F. Serve plain or with whipped cream or marshmallow sauce or hot chocolate or with apple sauce.

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MARSHMALLOW FROSTING

Put in saucepan

1 cup sugar and
 $\frac{1}{2}$ cup water and bring
 to boiling point.

Beat

2 egg-whites until very
 stiff, add gradually
 and one at a time,
 five tablespoons of
 the boiling syrup,
 beating constantly.

When syrup spins a
 long thread, add slowly
 to eggs and continue
 beating.

Then add

$\frac{1}{2}$ teaspoon vanilla and
 11 marshmallows.

Place over hot water and fold over and over
 until marshmallows are soft and mixture begins to
 get sugary. Pile roughly on cake.

ORANGE SPONGE CAKE

Beat together until thick

2 egg-yolks,
 $\frac{1}{4}$ teaspoon grated
 orange rind

4 tablespoons orange
 juice and

$\frac{1}{2}$ tablespoon lemon
 juice. Add

$\frac{3}{4}$ cup sugar gradually
 and continue beating

with egg beater.

Fold in

2 egg-whites, beaten stiff
 and

1 cup pastry flour sifted
 4 times with

$\frac{1}{4}$ teaspoon *Cow Brand*
 Soda and

$\frac{1}{4}$ teaspoon salt.

Grease an angel cake or deep round* tin and
 line the bottom with greased paper. Pour in cake
 mixture and bake thirty minutes at 375 degrees F.
 Cake may be frosted or it may be split and filled
 with orange marmalade or a cooked orange filling
 between the layers.

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STERLING SAUCE

Cream

- | | |
|-------------------------------|--|
| 1/3 cup butter, add gradually | 4 tablespoons warm cream or milk drop by drop to prevent separation. |
| 1 cup brown sugar | |
| 1 teaspoon vanilla and | |

CHOCOLATE MARSHMALLOW CAKE

Melt over hot water.

- | | |
|--|---|
| 4 ounces (4 squares) bitter chocolate. Add | 2 cups sugar slowly, then add |
| 2 egg-yolks slightly beaten, then add slowly | 1 teaspoon vanilla |
| 1 cup milk, sweet or sour. Cook and stir over hot water until mixture thickens. Cool and add | 1 cup boiled coffee or milk, alternately with |
| 1/3 cup Butter. When smooth add | 3 cups bread flour sifted with |
| | 2 teaspoons <i>Cow Brand</i> Soda and |
| | 1 teaspoon salt. Beat thoroughly and add |
| | 2 egg-whites, beaten stiff. |

Bake in two rectangular cake pans lined with greased paper for forty-five to fifty minutes at 350 degrees F. Remove from pan on a rack. Remove paper. When cool, cover with Marshmallow Frosting.

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HONEY COOKIES

Put in saucepan

1 cup honey	4½ cups pastry flour
½ cup sugar	1 teaspoon salt
½ cup milk or water	2 teaspoons cinnamon
3 tablespoons shortening	2/3 teaspoon <i>Cow Brand</i>
and	Soda and stir into
½ teaspoon vinegar. Stir	the syrup. Add
until hot but do not	2 egg-yolks and mix well.
allow mixture to	
boil. Set aside un-	
til lukewarm. Sift	
together	

The dough should be only medium stiff. Let stand for some time, if convenient overnight, as this will allow the dough to ripen and become more mellow. When ready to use, turn out on cloth or board sprinkled with flour and knead well. Roll out a little thicker than other cookies. Cut out with plain or fancy cutter and bake on tin sheets, greased and sprinkled with flour. To get a rich gloss, cookies may be washed over before baking with milk or with a thin icing made of confectioners' sugar and a few drops of water. A few Cardamon seeds may be added for flavor or Almonds, blanched and finely chopped may be added to the dough before it is rolled.

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QUICK GRAHAM BREAD

Put in small bowl

- | | |
|-------------------------------------|-----------------------------|
| $\frac{1}{2}$ cup brown sugar and | 1 cup bread flour |
| $\frac{3}{4}$ cup cold water. Stir | 1 1-3 teaspoons salt |
| until sugar is dis- | 1 teaspoon <i>Cow Brand</i> |
| solved and then add | Soda. Then add |
| $\frac{1}{2}$ cup melted shortening | 2 cups Graham flour, un- |
| and | sifted. |
| $\frac{3}{4}$ cup milk. Sift into | |
| the mixture | |

Mix thoroughly and put in greased bread pan and bake two hours in a slow oven or at 275 degrees F.

BOSTON BROWN BREAD

Soak overnight

- | | |
|--------------------------|--------------------------------------|
| 1 cup stale bread crumbs | 1 cup molasses |
| or muffins, etc., | 1 cup rye meal |
| broken in pieces, and | 1 cup Graham flour and |
| 1 cup rolled oats in | 1 cup corn meal sifted |
| 1 cup thick sour milk | with |
| and | 1 tablespoon <i>Cow Brand</i> |
| 1 cup water. In the | Soda and |
| morning beat until | 1 tablespoon salt. Add |
| no lumps remain | $1\frac{1}{2}$ cups thick sour milk. |
| Add | |

Beat thoroughly, fill greased tins two-thirds full, cover and steam three hours. Dry off in oven if desired.

BROWN BREAD WITH RAISINS

Add to Boston Brown Bread mixture

- 1 cup raisins, seeded or seedless.

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BATTER FRITTERS

Beat together

1 egg
1 tablespoon sugar and
 $\frac{1}{4}$ teaspoon salt. Add
 $\frac{1}{6}$ teaspoon *Cow Brand*
Soda dissolved in
1 teaspoon warm water.
Then add
 $\frac{1}{3}$ cup sour milk and

$\frac{7}{8}$ cup flour. Drop
by spoonfuls into
deep hot fat. When
brown on the bottom
turn over and brown
other side. Serve
hot with syrup.
These may be flav-
ored with

$\frac{1}{4}$ teaspoon grated nut-
meg or
 $\frac{1}{4}$ teaspoon vanilla.

THANKSGIVING STEAMED PUDDING

Cut in pieces

1 cup suet and force
through food chop-
per. Add
1 cup molasses and
1 cup milk. Then add
3 cups flour sifted with
1 teaspoon *Cow Brand*
Soda
 $1\frac{1}{2}$ teaspoons salt

$\frac{1}{2}$ teaspoon clove
 $\frac{1}{2}$ teaspoon mace
 $\frac{1}{2}$ teaspoon allspice and
 $\frac{1}{2}$ teaspoon cinnamon.
Mix well and add
 $1\frac{1}{2}$ cups seeded raisins cut
in pieces and mixed
with
2 tablespoons flour.

Turn into greased mold, cover and steam three
hours. Currants or nut meats or both may be
used instead of or in addition to the raisins. Serve
with Sterling Sauce.

is PURE Bicarbonate of Soda

APPLE FRITTERS

Make Batter Fritters using only
2/3 cup flour instead of 7/8 cup.

Pare and core apples, cut in slices and stir into the fritter batter. Cook like Batter Fritters. Serve with Lemon Sauce.

FRUIT SHORTCAKE

Make any biscuit mixture, see page 16, using 1-3 cup shortening. Turn into greased layer cake pan. Flour back of hand and pat to fit pan. Bake fifteen minutes at 450 degrees F. Remove from oven and while hot, split in two. Place bottom piece on large round platter, spread with butter and cover with sweetened fruit, fresh or stewed and cut in pieces. If desired, cover fruit with whipped cream. Place the other piece of shortcake on top, spread with butter, cover with more fruit and if desired, with whipped cream. Serve at once.

Cow Brand Baking Soda (Bicarbonate of Soda) has many uses as a home remedy for minor ailments. These will be found in our "Friend in Need" booklet, copy of which will be sent free on request.

Cow Brand Baking Soda

DOUGHNUTS

Sift into mixing bowl:

- | | |
|--|---|
| 4 cups flour | $\frac{1}{4}$ teaspoon cinnamon. |
| $1\frac{1}{2}$ teaspoons salt | Work in |
| $1\frac{3}{4}$ teaspoons <i>Cow Brand Soda</i> | $\frac{1}{2}$ tablespoon butter with tips of fingers. Add |
| $1\frac{3}{4}$ teaspoons cream of tartar | 1 cup sugar |
| $\frac{1}{4}$ teaspoon grated nutmeg and | 1 egg well beaten and |
| | 1 cup sour milk. |

Stir thoroughly, toss on a board or cloth thickly dredged with flour, knead slightly, using more flour if necessary. Pat and roll out to one-fourth inch thickness, shape, fry in deep fat at 370 degrees F. and drain on soft paper.

PEANUT BRITTLE

Put

- | | |
|---|---|
| $1\frac{1}{2}$ cups sugar | $1\frac{1}{2}$ cups shelled raw |
| $\frac{2}{3}$ cup corn syrup and | Spanish peanuts, and |
| $\frac{2}{3}$ cup cold water in iron | stir constantly about |
| kettle, stir until mixture boils, cover and | ten minutes, or until |
| boil three minutes. | peanuts are cooked. |
| Remove cover and | Add |
| boil to 275 degrees | $\frac{1}{2}$ tablespoon vanilla and |
| F. Add | $\frac{3}{4}$ tablespoon <i>Cow Brand Soda</i> dissolved in |
| 2 tablespoons butter and | $\frac{1}{2}$ tablespoon cold water. |

Stir until thoroughly mixed, and turn on slightly buttered marble slab or agate tray. Spread as thinly as possible, and lift constantly while cooling, using a spatula, and pull to distribute nuts evenly. Flatten with palm of hand and break in pieces.

is PURE Bicarbonate of Soda

MEAT PIE

Cut

2 cups meat, fresh or left-over, into one inch cubes, add

$\frac{1}{2}$ an onion, sliced. Cook until tender in water to cover. Add

4 tablespoons flour, mixed with

4 tablespoons cold water

and season with salt and pepper. There should be about two cups of sauce. Add 2 cups potatoes cut in slices and parboiled eight minutes in boiling water.

Put in greased baking dish (a glass one is most attractive), cover with biscuit mixture (same as on Page 16) rolled out thin or cut into small biscuits. Bake in hot oven until crust is brown and pie is thoroughly cooked through.

RICH, SOFT HONEY CAKE

Put in mixing bowl

$\frac{1}{4}$ cup butter or margarine and

$\frac{1}{4}$ cup lard and work until creamy. Add gradually

1 cup strained honey and 1 egg well beaten. When

smooth add

$\frac{1}{2}$ cup sour milk and

4 cups flour sifted with 1 teaspoon Cow Brand Soda

$\frac{1}{2}$ teaspoon cinnamon and

$\frac{1}{2}$ teaspoon salt.

Mix well and bake in greased shallow pan in a medium oven for fifty minutes. When cool cut in layers or slices.

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TRY THIS FOR COOKING GREEN PEAS

Shell one quart of green peas. Have the water, with a pinch of salt, boiling in a stew pan—then add the peas and a pinch of *Cow Brand* Bicarbonate of Soda and boil fifteen to twenty minutes in the open pan. Then add one teaspoonful of butter and, if desired, one-half teaspoonful of sugar.

It will be found that the peas will retain their natural color and be more tender than when cooked in the ordinary way without Bicarbonate of Soda.

Use only enough water to cover the peas in the pan.

ALSO FOR COOKING STRING BEANS

String one quart of beans. Have the water, with a pinch of salt, boiling in a stew pan—then add the beans and a pinch of *Cow Brand* Bicarbonate of Soda and boil fifteen to twenty minutes in the open pan. Add one teaspoonful of butter if desired.

It will be found that the beans will retain their natural color and be more tender than when cooked in the ordinary way without Bicarbonate of Soda.

It will probably be necessary to boil the beans a little longer than the peas.

